



# **Skinny Pizza: Over 100 healthy recipes for America's favorite food**

*Barbara Grunes*

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Pizza is America's national fun food. And now--thanks to Barbara Grunes' innovative recipes--pizza qualifies as America's national good-health food, too. These 100-plus recipes trim away the excess fat, cholesterol, and calories that usually come with pizza, so families can enjoy all the great tastes without sacrificing good nutrition.

Starting with easy-to-make (and store) recipes for basic crusts and sauces, *Skinny Pizzas* shows you how easy it is to top pizzas with fresh, low-fat, high-fiber vegetables, dairy products, fruits, poultry, meat, and fish--everything from zucchini and pears to smoked salmon. From hearty one-dish meals to pizza snacks, appetizers, party dishes, and even desserts--all slimmed down for today's healthful lifestyle--home cooks can feel good about serving pizza any time and for any occasion.

- Tomato-based pizzas:** Shrimp, mushroom, chicken, spinach, tuna, peppers, artichoke, eggplant, and more.
- Non-tomato-based pizzas:** Teriyaki, salmon, bok choy, goat's cheese, clam, turkey, stir-fry, zucchini, and more.
- Pizza on the grill:** Fajita, vegetarian, Thai-flavored, salsa, olive, ratatouille, mango, barbecue, and more.
- Specialty pizzas:** Creole, Szechwan, smoked turkey, scallop, focaccia, crab cake, nacho, English muffin, and more.
- Dessert pizzas:** Apple, mint brownie, cheesecake, strawberry yogurt, rum-raisin, and more.

All recipes include diabetic exchanges and nutritional specifics on fat, cholesterol, sodium, calories, and percent of calories from fat. Recipes conform to the American Heart Association guidelines regarding the percent daily intake of calories from fat.

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